



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Summer I June 5 - July 8, 2017
(No classes on July 4, 2017)
Summer II July 10 - August 13, 2017

SUMMER FUN STARTS HERE! FRIENDSHIP, ACCOMPLISHMENT, BELONGING

YOUTH STRENGTH TRAINING (Ages 6-13)

This class is for kids that are interested in learning how to begin their strength training program. The participants will build strength through the use of dumbbells, barbells, resistance tubes and the *STRIVE* equipment in the Family Wellness Center.

Tuesday & Thursday 5:45—6:30pm *Family Wellness Center*
FEE: Members: \$10 Program Participant: \$22

KIDS KICKBOXING (Ages 6-14)

Bring your own gloves to this 30 minute cardio workout for kids!

Tuesday & Thursday 5:15 - 5:45pm *Kickboxing Room*
FEE: Members: \$10 Program Participant: \$22

READY FOR RECESS (Ages 4-7)

Learn the basics of fitness in this instructor led upbeat class. Kids will stretch and warm up for fun fitness and games to get their mini workout in this 30 minute class.

Tuesday & Thursday 4:30 - 5:00pm *AS3*
FEE: Members: \$10 Program Participant: \$22



**MARION FAMILY YMCA
WOPAT YMCA CENTER**

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